

CLAIMS:

1. A method of controlling an electronic device, comprising the steps of:
 - detecting (1) a state of a user;
 - determining (3) whether, based on this state, the user is asleep; and
 - switching (5) the electronic device to a mode of reduced power consumption5 when it has been determined that the user is asleep.
2. A method as claimed in claim 1, characterized in that the step of detecting (1) a state of a user comprises measuring his brainwaves.
- 10 3. A method as claimed in claim 1, characterized in that the step of detecting (1) a state of a user comprises detecting his movement.
4. A method as claimed in claim 3, characterized in that the step of determining (3) whether the user is asleep comprises determining whether his movement has been
15 detected for a predetermined period of time.
5. A method as claimed in claim 1, characterized in that it further comprises the step of adapting (11) output generated by the electronic device on the basis of the state of the user.
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6. A method as claimed in claim 5, characterized in that the step of adapting (11) output generated by the electronic device comprises at least one of: reducing volume of sound output by the electronic device, reducing quality of sound output by the electronic device, reducing size of image output by the electronic device, and reducing quality of image
25 output by the electronic device.
7. A computer program enabling a programmable device to carry out a method as claimed in claim 1.

8. An electronic device (21), comprising:
- a receiver (23) for receiving, from a detector (25), a detection signal comprising a state of a user; and
 - a control unit (27) which is able to use the receiver (23) to receive the
- 5 detection signal from the detector (25), determine whether, based on his state, the user is asleep, and switch the electronic device (21) to a mode of reduced power consumption when it has been determined that the user is asleep.
9. An electronic device (21) as claimed in claim 8, characterized in that it further
- 10 comprises:
- an output means (31) which is able to generate an output signal; and
 - the control unit (27) is able to adapt the output signal on the basis of the state of the user .
- 15 10. An electronic device (21) as claimed in claim 8, characterized in that it further comprises a motion detector.